

NewsWIC

Fond du Lac County Health Department

Spring 2011

Food Variety

Food Variety is:

- Eating foods from all five food groups
- Eating a variety of foods from within each group

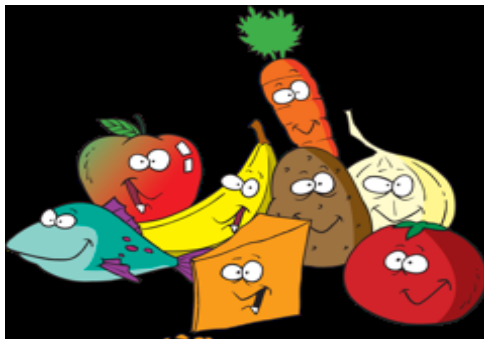
Eating a wide range of healthy foods in small quantities may:

- Protect against diabetes and cardiovascular (heart and circulation) disease.
- Help you to live longer.
- Improve your overall health.
- Reduce abdominal fat.
- Reduce risk of some cancers.

Vary Your Veggies

Eat a variety of vegetables. Different vegetables are rich in different nutrients.

- **Dark green** – broccoli, kale, spinach, romaine, and greens
- **Orange** – sweet potatoes, carrots, winter squash, and pumpkin
- **Legumes** – lentils, dried beans, and dried peas
- **Starchy** – white potatoes, corn, and green peas
- **Other** – tomatoes, onions, green beans, lettuce, cauliflower, rutabaga



How to Use Veggies

Help your child enjoy vegetables by following some of these tips:

- Don't overcook vegetables, kids usually like them crunchy – not soft.
- Try serving strong flavored vegetables with cheese or sauce.
- Kids often like raw vegetables and dip.
- Set a good example by eating vegetables yourself.
- Offer vegetables prepared in a variety of ways, cooked, baked, grilled or raw.
- Try different vegetables, have sweet potatoes instead of white potatoes.

Provide a **dark green** (spinach, broccoli) or **dark orange** (carrots, sweet potatoes) vegetable at least every other day.

Easy Vegetable Soup



- ✓ 1 (29 ounce) can tomato sauce
- ✓ 6 cups water
- ✓ 2 cups frozen mixed vegetables
- ✓ 1 (8 ounce) package dry pasta (optional)

1. Place the tomato sauce and water in a large pot over medium high heat. Bring just to a boil, reduce heat to medium low and add the mixed vegetables.
2. Add the pasta, if desired, and let simmer until heated through or until pasta is done, about 15 minutes.

FDL County Shot Clinic



March

10 (Thurs.) 4:00-6:00, Waupun Hospital
14 (Mon.) 2:00-5:00, City-County Bldg.
21 (Mon.) 4:00-6:00, Mt. Calvary
Holy Cross Church
28 (Mon.) 4:00-6:00, City-County Bldg.
30 (Wed.) 4:00-6:00, Ripon High School

April

11 (Mon.) 2:00-5:00, City-County Bldg.
25 (Mon.) 4:00-6:00, City-County Bldg.

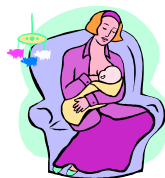
May

9 (Mon.) 2:00-5:00, City-County Bldg.
12 (Thurs.) 4:00-6:00, Waupun Hospital
16 (Mon.) 4:00-6:00, Mt. Calvary
Holy Cross Church
23 (Mon.) 4:00-6:00, City-County Bldg.
25 (Wed.) 4:00-6:00, Ripon High School

June

13 (Mon.) 2:00-5:00, City-County Bldg.
27 (Mon.) 4:00-6:00, City-County Bldg.

A shot clinic is held in FDL **by appointment only** on the **last Wednesday of each month from 8:00-11:30 AM**. To make an appointment or if you have any other immunization questions, please call **929-3085**.



Breastfeeding Corner:

"iBreastfeed" app

The new "iBreastfeed" app for iPhone, iPod Touch and iPad, is now available **FREE** on iTunes.

iBreastfeed provides tools and resources to help you successfully breastfeed. Get information on the benefits of breastmilk, breastfeeding and pumping tips, breastmilk storage guides and instant access to other online resources.

Add your baby's profile and easily keep track of breastfeeding, pumping, sleeping and diaper changes. You can track for up to 6 babies.

You can also find breastfeeding-friendly locations in your area and add your own personal locations.



Ruby's Pantry, a new food distribution program at Grace Christian Church, 1596 Fourth Street, Fond du Lac, is held the **second Thursday of each month**. Registration is from 5:00-6:00 PM and food will be distributed at 6:00 PM.

Cost is \$15.00 to help cover transportation and food storage costs. Those participating are asked to bring two large laundry baskets, boxes or totes. There are no residency requirements and the service is open to anyone in need.

The next distribution dates will be March 10, April 14, May 12 and June 9.



Ask the Nutritionist

Q. Why does WIC recommend waiting until 6 months of age until starting babies on solids?

A. WIC follows the American Academy of Pediatrics recommendation to wait until 6 months of age to avoid allergies and to lower the risk of obesity and diabetes. Babies younger than 6 months of age do not have the developmental skill to eat baby food.



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